

DISEASE PREVENTION INFORMATION SHEET

PREVENTING the spread of germs to others and the environment is the most effective way to stay free of communicable diseases.

How are germs spread?

Germs enter the body through the mouth, nose, eyes, ears, other body openings, and breaks in the skin, causing infections.

What can I do to prevent disease in my family?

- Hand washing is the most important behavior in disease prevention. Touching our environment, performing daily activities, tending to our personal needs, and playing with animals contaminate hands.
- Wash hands -
 - Before preparing food or bottles, eating meals and snacks, giving medication
 - After going to the bathroom, playing outside or with animals, diapering a child
- Don't share eating or drinking utensils
- Cover your mouth when coughing or sneezing
- Use disposable tissue and dispose in appropriate container

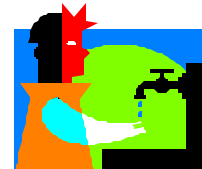
NOTE:

See your health care provider if you or your family members experience:

- Coughing, especially prolonged coughing which gets worse within 1-2 weeks and becomes spasmodic
- With vomiting and diarrhea
- Fever

HANDWASHING STEPS

- Wet hands with warm, running water
- Apply a small amount of liquid soap
- Wash fronts, backs, between fingers and under fingernails using gentle friction while rubbing the hands together
- Rinse all soap and soil from hands with warm running water
- Dry the hands completely with a single disposable paper towel
- Turn off the water with a new paper towel to prevent recontamination of the hands from germs on the faucet handles
- Discard the paper towel immediately into an appropriate trash container



If you have questions, please contact Maricopa County Department of Public Health: (602) 506-6767.

